

Statistics Report 35168, Fish, salmon, king, with skin, kippered, (Alaska Native)
Report Date: July 16, 2017 02:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	61.52	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Energy	kcal	209	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Energy	kJ	876	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Protein 1	g	23.19	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Total lipid (fat) 1	g	12.95	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Ash 1	g	3.21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

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Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Minerals													
Calcium, Ca 1	mg	55	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Iron, Fe 1	mg	0.55	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Magnesium, Mg 1	mg	29	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phosphorus, P 1	mg	270	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Potassium, K 1	mg	390	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Sodium, Na 1	mg	870	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Zinc, Zn 1	mg	0.77	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Copper, Cu 1	mg	0.148	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Manganese, Mn 1	mg	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Selenium, Se 1	µg	30.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Thiamin 1	mg	0.043	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Riboflavin 1	mg	0.201	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Niacin 1	mg	8.610	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Pantothenic acid 1	mg	0.822	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-6 1	mg	0.378	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folate, total 1	µg	3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Folate, food 1	µg	3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Choline, total 1	mg	98.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Betaine 1	mg	3.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Vitamin B-12 1	µg	3.65	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin A, RAE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	41	--	--	--	--	--	--	--	--	Calculated or imputed	35065	07/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) 1	mg	0.42	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Tocopherol, gamma 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tocopherol, delta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin D (D2 + D3)	µg	1.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D 1	IU	46	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) 1	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lipids													
Fatty acids, total saturated	g	2.440	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
8:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
12:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
14:0 1	g	0.490	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0 1	g	0.040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
16:0 1	g	1.520	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:0 1	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:0 1	g	0.330	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total monounsaturated	g	5.860	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated 1	g	0.680	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
17:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated 1	g	2.440	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:1 1	g	1.530	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:1 undifferentiated 1	g	1.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
24:1 c 1	g	0.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	2.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated 1	g	0.160	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated 1	g	0.170	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:4 1	g	0.160	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c 1	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated 1	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated 1	g	0.140	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
20:5 n-3 (EPA) 1	g	0.460	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
21:5 1	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:4 1	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:5 n-3 (DPA) 1	g	0.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
22:6 n-3 (DHA) 1	g	0.790	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cholesterol 1	mg	67	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Amino Acids													
Tryptophan 1	g	0.256	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine 1	g	1.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Isoleucine 1	g	0.909	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Leucine 1	g	1.656	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Lysine 1	g	1.902	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Methionine 1	g	0.625	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Cystine 1	g	0.199	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Phenylalanine 1	g	0.899	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Tyrosine 1	g	0.757	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Valine 1	g	1.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Arginine 1	g	1.363	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006

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Histidine 1	g	0.549	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Alanine 1	g	1.476	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Aspartic acid 1	g	2.205	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glutamic acid 1	g	3.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Glycine 1	g	1.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Proline 1	g	1.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Serine 1	g	0.909	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD